



NCARNG Weekly Safety Newsletter

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Prepare for the Storm

- Make sure your cell phone is fully charged.
- Get a battery powered flashlight and radio, and put them in a place where you can find them easily.
- Keep extra batteries on hand.
- Stock canned goods and bottled water.
- Have extra fuel on hand for alternate heating sources, such as wood for a wood-burning stove or kerosene for a heater.
- If you rely on medical equipment that needs power, have a back-up plan, such as a generator, or another place to stay.



During a power outage

- Don't go near downed lines. Always assume they are live wires.
- Don't stand near icy limbs and lines. They could fall on you.

Keeping Warm

- Never leave space heaters unattended.
- Keep furniture and curtains away from heat vents and space heaters.
- Don't use an extension cord with an electric heater.
- Don't heat your home with an oven or grill.

Avoid hypothermia and frostbite

- Do not walk on frozen ponds or any other body of water. The ice must be at least 4 inches thick to support a person or large animal, and ponds in central North Carolina do not have enough water to form that much ice.
- To prevent the illness: dress in layers; remove wet clothing; drink warm fluids; avoid alcohol; and seek medical attention immediately if needed.

Protect your Home

- Keep your house heated to a minimum of 65 degrees. The temperatures inside the walls where the pipes are located are substantially colder than the walls themselves.
- Leave a trickle of water running from the highest hot and cold faucets in the house. The trickle should be a steady stream about the size of a pencil tip. Keeping water moving within the pipes will prevent freezing.
- Insulate pipes in unheated parts of your home.
- Remove garden hoses from outside faucets, and cover or wrap exposed pipes.

Prepare your Car

- Check the antifreeze levels in your car and the firmness of hoses.
- Check the power levels and water in your car battery. If your car is not housed in a garage, it is crucial to have a heating system for your engine if there are extremely low temperatures for long periods.
- Keep garage doors closed. If you don't have a garage or carport, parking near a wall or building can protect your car from the cold to some degree.
- Keep your gas tank filled. Doing so will keep condensation from getting in the tank. Condensation can contribute to fuel line freeze-up.
- Let the vehicle run for a few minutes before driving. This will allow the transmission and power steering fluids and motor oil to circulate.

For more information visit <http://www.wral.com/second-winter-storm-headed-toward-central-nc-late-wednesday/14469964/#jBu1rv2PwVugUP7K.99>

WRAL reports that, another winter storm – one that could bring significant snow to parts of central North Carolina – will make its way into the area by day's end. The storm was gathering momentum in the Deep South early Wednesday morning, and it will push east and continue to develop throughout the day. Precipitation will likely arrive after the evening commute, and it will probably start as rain across the bulk of the area. As cold air moves in, however, it will begin to change to snow from north to south.

Below are important Winter Safety Tips to protect you, your family, and your home.

